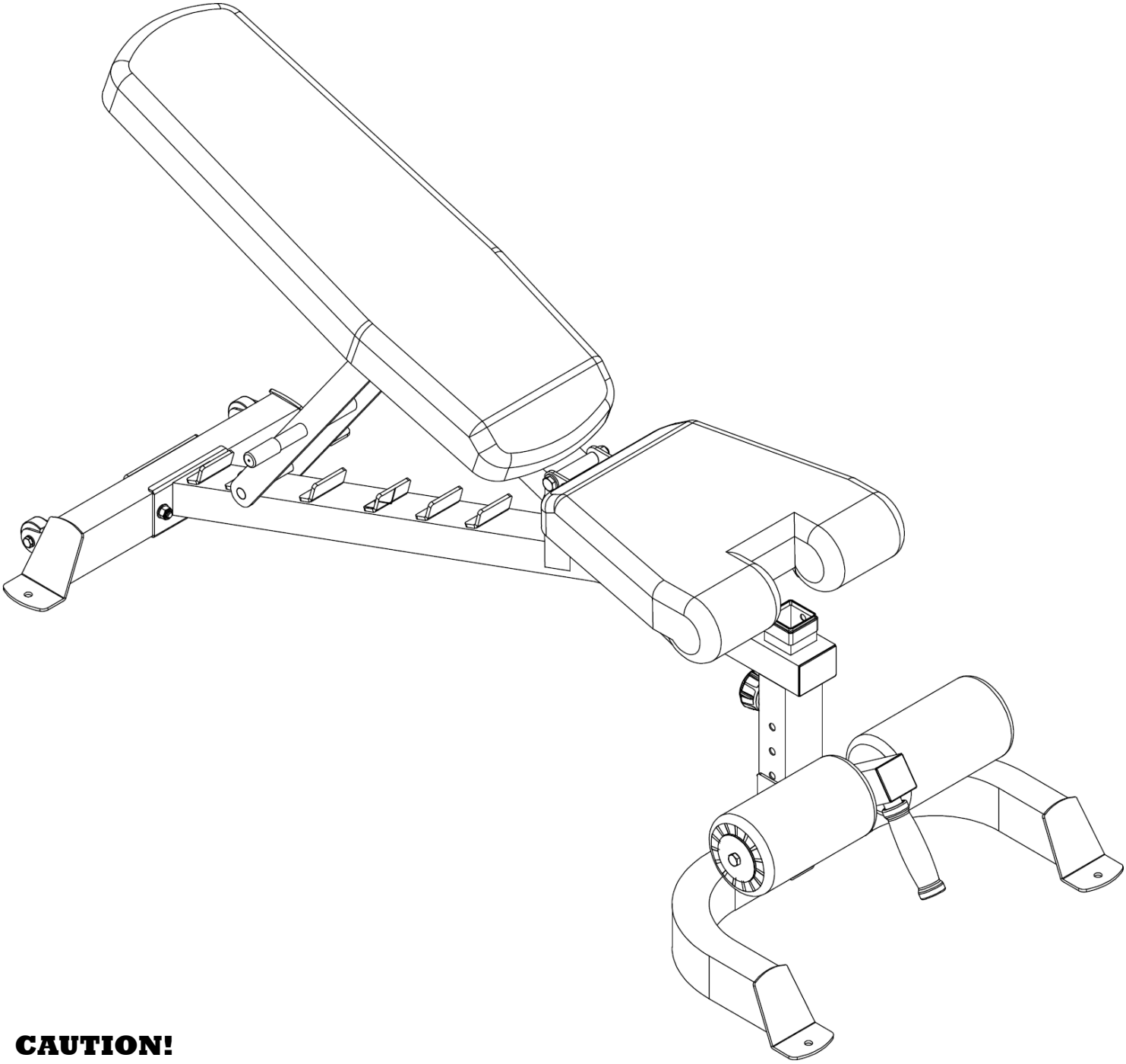
OWNER'S MANUAL F-FID

FLAT INCLINE DECLINE BENCH



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

ASSEMBLY MANUAL - FORCE USA F-FID BENCH

BEFORE YOU START

Remove all parts from the packaging, separate and count each various component, to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if your experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.
READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.
FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS

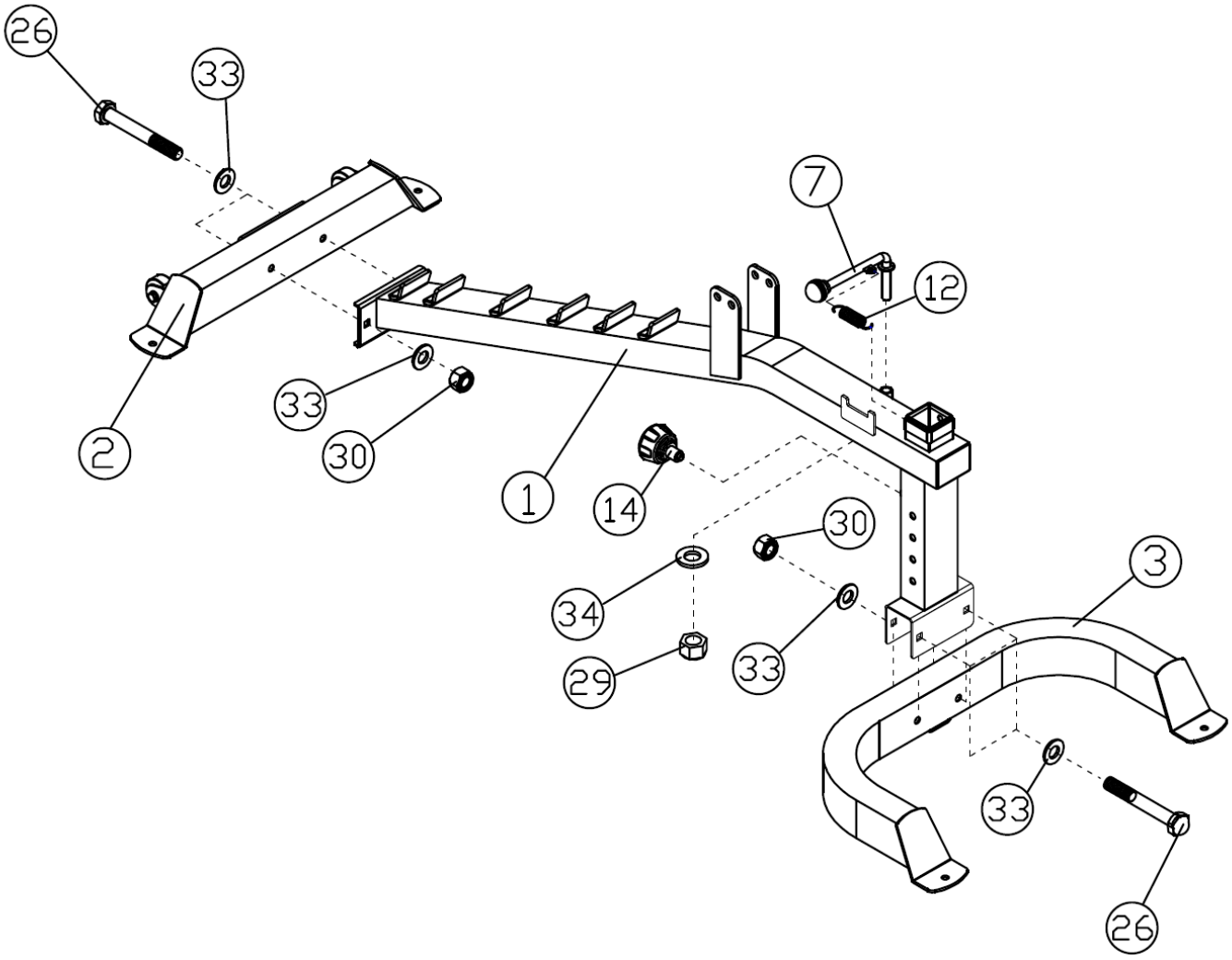
PARTS LIST F-FID

KEY NO.	PART DESCRIPTION F-FID	SPEC	Q'TY
1	Main Frame		1
2	Rear Base Frame		1
3	Front Base Frame		1
4	Seat Support		1
5	Backrest Support		1
6	Foam Roll Support		1
7	Adjustment Support		1
8	Rear Support		1
9	Foam Roll Frame		1
10	Seat Pad		1
11	Backrest Board		1
12	Tensile Spring	Φ15×Φ2×65	1
13	Pop Pin	Φ10×110	1
14	Lock Knob	M18×Φ10	1
15	Handle Grip	Φ25×132	1
16	Foam Roll	Φ125×Φ22×215	2
17	Foam Baffle	Φ70×2	2
18	End Cap	□50	1
19	End Cap	□70×50	1
20	Sleeve	□50×□45	1
21	Handle Grip	Φ19×50	1
22	Wheel	Φ50×23×Φ8.2	2
23	Hex Bolt	M8×55	4
24	Hex Bolt	M8×45	2
25	Hex Bolt	M10×20	2
26	Hex Bolt	M10×75	4
27	Hex Bolt	M12×115	1
28	Hex Bolt	M12×100	2
29	Aircraft Nut	M12	4
30	Aircraft Nut	M10	4
31	Aircraft Nut	M8	2
32	Washer	8	8
33	Washer	10	8
34	Washer	12	7
35	End Cap	□40×60	2
36	End Cap	□25	2
37	HandBall	SR15.5×M10	2

ASSEMBLY DIAGRAM 1

REMEMBER: Only hand tighten all nuts and bolts until whole F-FID is assembled

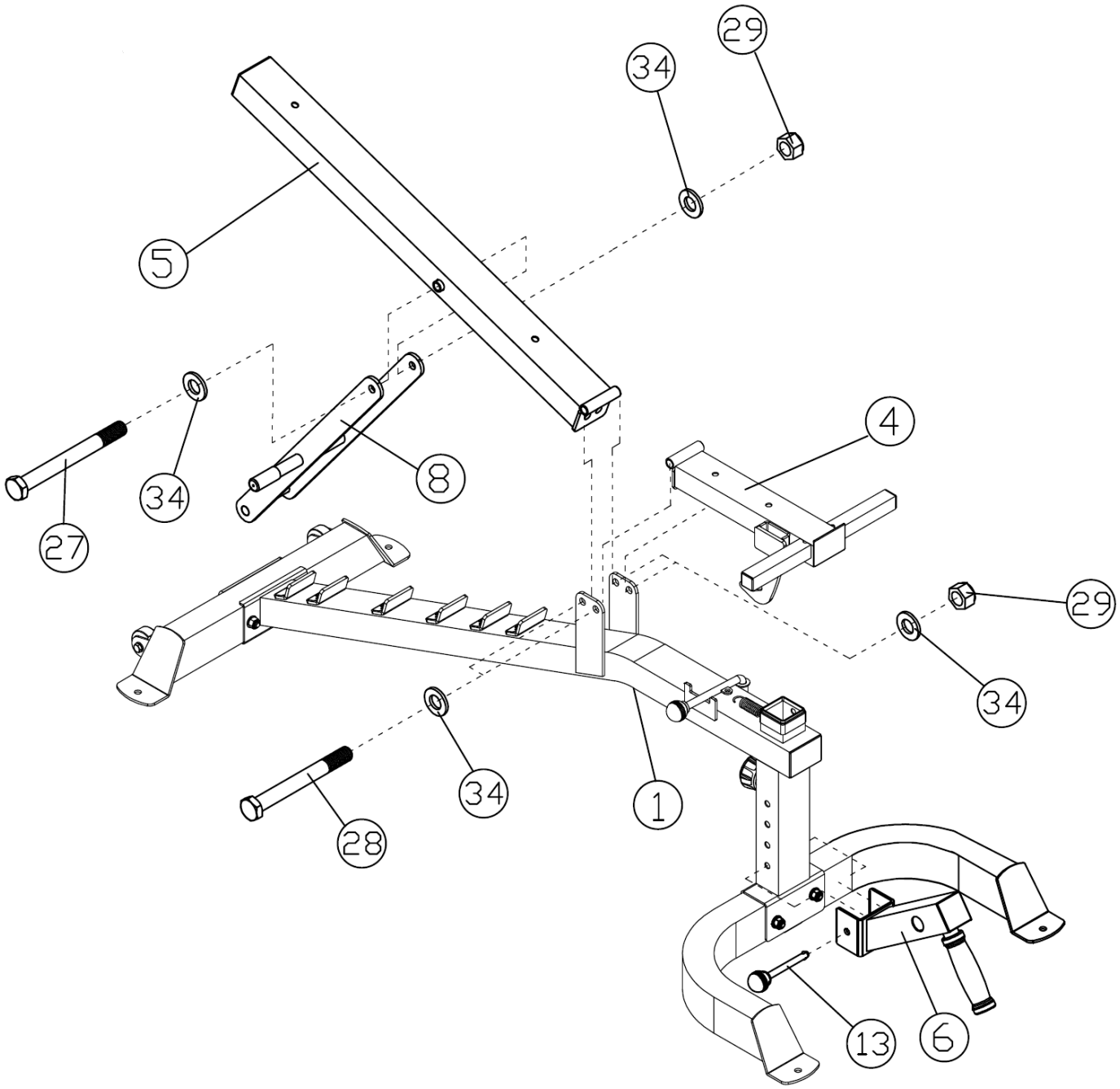
1. Ensuring correct orientation, attach the front of the MAIN FRAME (1) to the FRONT BASE FRAME (3) using two HEX BOLT M10X75 (26), four WASHER10 (33) and two AIRCRAFT NUT M10 (30)
2. Attach the WHEELS (22) to the back of the REAR BASE FRAME (2) using a HEX BOLT M8X45 (24), two WASHER8 (32) and an AIRCRAFT NUT M8 (31) on each wheel. **(***See the exploded diagram for more detail, skip this step if pre-assembled)*
3. Ensuring correct orientation, attach the rear of the MAIN FRAME (1) to the REAR BASE FRAME (2) using two HEX BOLT M10X75 (26), four WASHER10 (33) and two AIRCRAFT NUT M10 (30)
4. Insert a LOCK KNOB (14) into the rear of the front post on the MAIN FRAME (1)
5. Connect the HANDBALL (37) to the ADJUSTMENT SUPPORT (7) and attach to the top of the MAIN FRAME (1) using a WASHER12 (34) and an AIRCRAFT NUT M12 (29)
6. Attach the TENSILE SPRING (12) to the top of the MAIN FRAME (1)
7. Insert a SLEEVE (20) into the top of the front post on the MAIN FRAME (1) (*See the exploded diagram for more detail, skip this step if pre-assembled)*



ASSEMBLY DIAGRAM 2

REMEMBER: Only hand tighten all nuts and bolts until whole F-FID is assembled

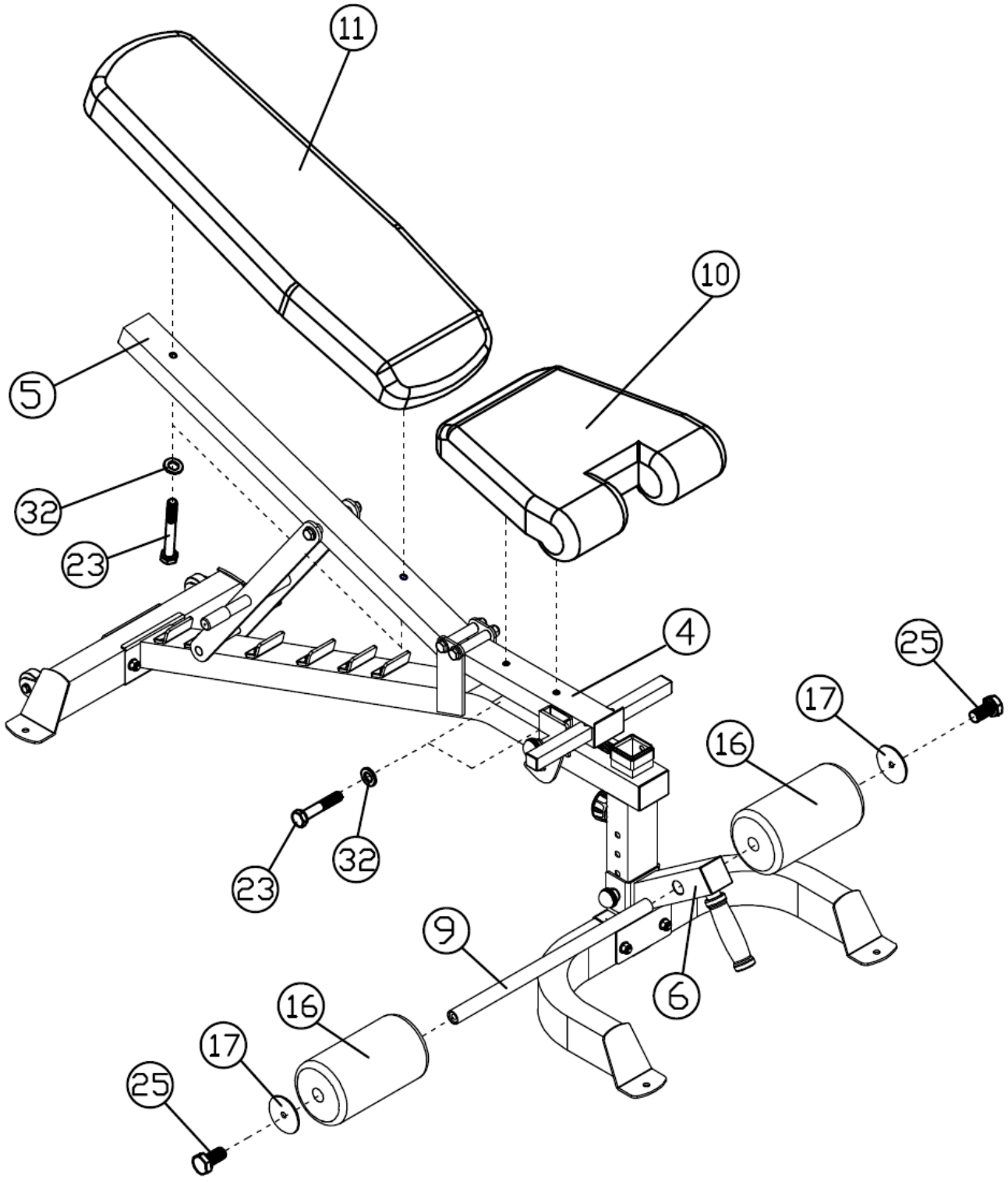
1. Ensuring correct orientation, attach the SEAT SUPPORT (4) to the front holes in the upright bracket on the MAIN FRAME (1) using a HEX BOLT M12X100 (28), two WASHER12 (34) and an AIRCRAFT NUT M12 (29)
2. Ensuring correct orientation, attach the BACKREST SUPPORT (5) to the rear holes in the upright bracket on the MAIN FRAME (1) using a HEX BOLT M12X100 (28), two WASHER12 (34) and an AIRCRAFT NUT M12 (29)
3. Attach the REAR SUPPORT (8) to the underside of the BACKREST SUPPORT (5) using a HEX BOLT M12X115 (27), two WASHER12 (34) and an AIRCRAFT NUT M12 (29)
4. Connect the FOAM ROLL SUPPORT (6) to the front post of the MAIN FRAME (1) using a POP PIN (13) with attached HANDBALL (37)
5. Attach the HANDLE GRIP (15) to the FOAM ROLL SUPPORT (6). Attach a HANDLE GRIP (21) to the REAR SUPPORT (8)*(See the exploded diagram for more detail, skip this step if pre-assembled)*



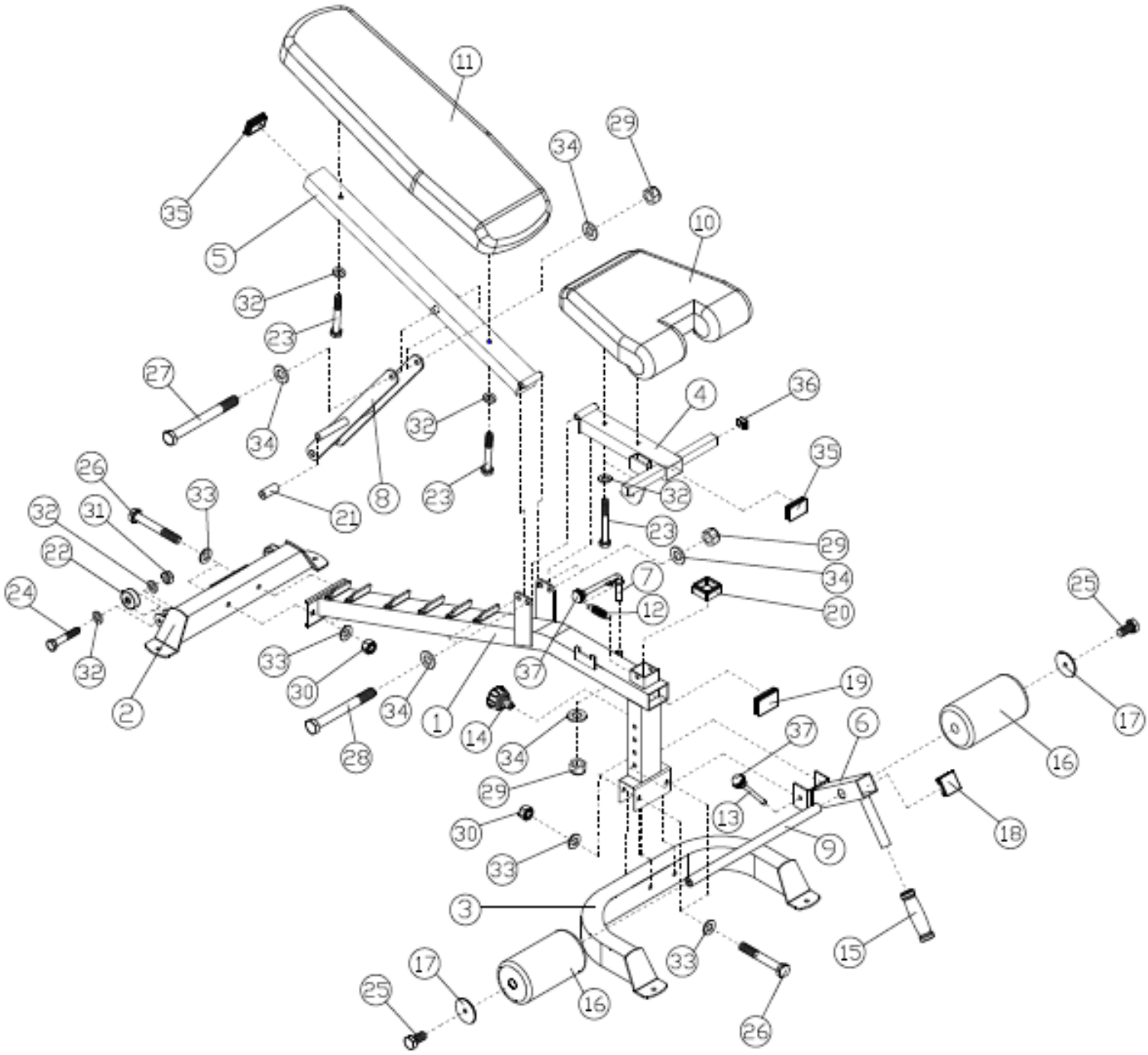
ASSEMBLY DIAGRAM 3

REMEMBER: Only hand tighten all nuts and bolts until whole F-FID is assembled

1. Attach the BACKREST BOARD (11) to the BACKREST SUPPORT (5) using two HEX BOLT M8X55(23) and two WASHER8 (32)
2. Attach the SEAT PAD (10) to the SEAT SUPPORT (4) using two HEX BOLT M8X55(23) and two WASHER8 (32)
3. Insert the FOAM ROLL FRAME (9) through the FOAM ROLL SUPPORT (6)
4. Slide a FOAM ROLL (16) over each end of the FOAM ROLL FRAME (9) and attach using a FOAM BAFFLE (17) and a HEX BOLT M10X20 (25) on each side.
5. Insert the appropriate sized END CAPS (18,19, 35&36) into any open ends (*See the exploded diagram for more detail, skip this step if pre-assembled)*

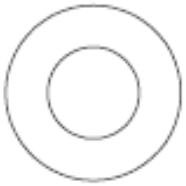


EXPLODED DIAGRAM F-FID

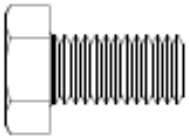


HARDWARE F-FID

(#23)M8×55 Hex Bolt (Qty 4)

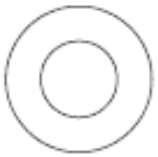


(#34) Φ12
Washer (Qty 7)



(#25)M10×20 Hex Bolt (Qty 2)

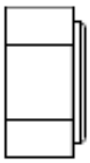
(#26)M10×75 Hex Bolt (Qty 4)



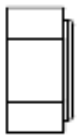
(#33) Φ10
Washer (Qty 8)

(#28)M12×100 Hex Bolt (Qty 2)

(#27)M12×115 Hex Bolt (Qty 1)

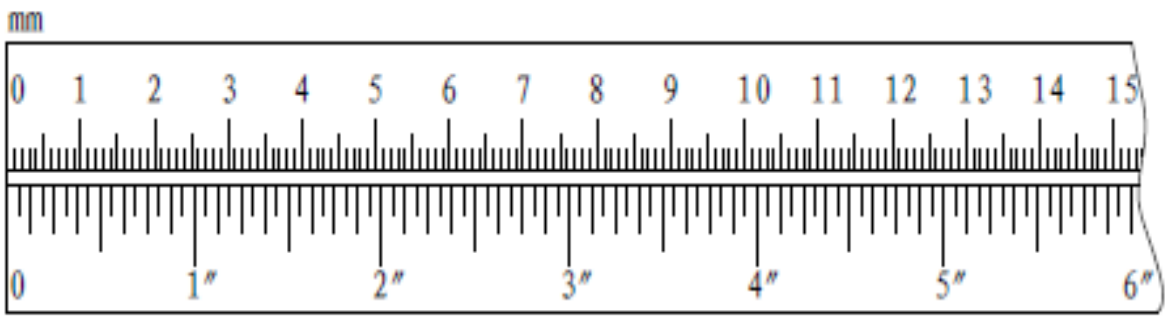


(#29)M12
Aircraft Nut
(Qty 4)



(#30)M10
Aircraft Nut
(Qty 4)

(#32) Φ8
Washer (Qty 4)



WARRANTY

LIFETIME WARRANTY ON FRAME

5 YEAR WARRANTY ON MOVING PARTS (Such as cables and pulleys)

Force USA™, the trusted name in strength equipment, was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world. Offering one of the best warranties on the market for your peace of mind, each piece of Force USA strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The Force USA range of strength equipment carries a Lifetime Structural Warranty along with 5 years cover on all cables and pulleys. This warranty applies to first owners and does not cover second hand equipment or re-sold equipment. This Force USA warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during normal home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, mis-application, alteration or improper assembly of the product. This warranty does not cover the use or failure of equipment in studio commercial applications. The replacement or repair provided for under the Force USA warranty is the responsibility of the user and the customer will be responsible for any freight charges applicable. Force USA will not be liable for any consequential damages or for breach of any implied warranty on the range of Force USA strength equipment. Force USA reserves the right to provide reconditioned parts and/or to request a return and repair existing defective parts on the Force USA product.

VorTex by Force USA is a commercial grade upholstery used for all Force USA equipment. We use a high grade commercial vinyl with rip-stop mesh backing which helps prevent rips and tears. Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world.